Anger Management



Mark A.D. Long, Ed. D.
Health Promotion Program
Navy Environmental Health Center
757-462-5599

"Anger is never without a reason, but seldom with a good one"

Benjamin Franklin

Hostility and Anger Effects Health

- ➤ Coronary heart disease
- ➤ High blood pressure
- ➤ More likely to die!
- ➤ Psychological problems



To Stay Distressed and Mad....

- ➤ Throw a Tantrum
- Pout and sulk
- ➤ Blame others
- > Seek revenge



Holding onto anger is like grasping a hot coal with the intent of throwing it at someone else- you are the one who gets burned.

Buddha

You <u>can</u> change your own anger!

Put them away...

Anger, wrath, malice, slander and foul talk from your mouth

Colossians 3:8

Anger Control Strategies

- ➤ Reduce cynical thoughts
- ➤ Reduce angry feelings
- ➤ Reduce aggressive behaviors



How to improve anger control skills

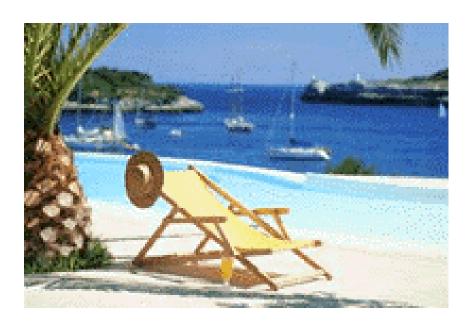
- ➤ I dentify feelings and thoughts
- ➤ Evaluate negative thoughts, negative feelings and options
- ➤ Communicate better
- ➤ Empathize with others

Improving Anger Management Skills

➤ Practice, Practice Practice!

Chill Skills

Deflection strategies Distraction strategies



Deflection Skills

- ➤ Reason with yourself
- ➤ Tell yourself "Stop"
- Use Relaxation Skills

Have patience with all things, but mostly with yourself

St. Francis de Sales

Distraction Skills

Daydreaming

➤ Positive fantasizing

➤ Time outs & Time outs

When angry, count to ten before you speak.

If very angry, count to a hundred"

Thomas Jefferson

Key Questions

- 1. Is the matter important to me?
- 2. Is what I'm thinking and feeling appropriate?
- 3. Is the situation modifiable?
- 4. Is taking action worth it?

Anger Reduction Skills

➤ Problem Solving

➤ Practice Acceptance

Anger Reduction Skills

- ➤ Communicate appropriately
- ➤ Listen...
- ➤ Talk

➤ Emphasize the positive!

Let everyone be quick to listen, slow to speak, slow to anger.

James 1:19

Anger Management:

Damage control or prevention?

For Additional Information

Anger Kills, 1993.

Dr Redford Williams and Dr Virginia Williams.

Lifeskills, 1997.

Dr Virginia Williams and Dr Redford Williams.

